

DOCUMENT RESUME

ED 472 622

SP 041 389

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TITLE Motivating People To Be Physically Active. Physical Activity Intervention Series.
ISBN ISBN-0-7360-4064-1
PUB DATE 2003-00-00
NOTE 220p.
AVAILABLE FROM Human Kinetics, P.O. Box 5076, Champaign, IL 61825-5076 (\$27). Tel: 800-747-4457 (Toll Free); e-mail: humank@hkusa.com; Web site: <http://www.HumanKinetics.com>.
PUB TYPE Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE Document Not Available From EDRS.
DESCRIPTORS *Behavior Change; Community Education; Counseling; *Exercise Physiology; Health Behavior; Health Education; *Health Promotion; *Life Style; Motivation; Occupational Safety and Health; *Physical Activities; *Physical Activity Level; Physical Fitness; Psychological Patterns

ABSTRACT

This book describes proven methods for helping people change from inactive to active living. The behavior change methods are useful for healthy adults as well as individuals with chronic physical and psychological conditions. The book describes intervention programs for individuals and groups and for workplace and community settings. Part 1, "Theoretical Background and Tools for Measuring Motivational Readiness," includes (1) "Description of Physical Activity Interventions"; (2) "The Stages of Motivational Readiness for Change Model"; (3) "Integrating Other Psychological Theories and Models"; (4) "Learning about Physical Activity Mediators"; (5) "Evaluating and Measuring Physical Activity Mediators"; and (6) "Successful Physical Activity Interventions Using the Stages Model." Part 2, "Applications," includes (7) "Assessing Physical Activity Patterns and Physical Fitness"; (8) "Using the Stages Model in Individual Counseling"; (9) "Using the Stages Model in Group Counseling Programs"; (10) "Using the Stages Model in Work-Site Programs"; and (11) "Using the Stages Model in Community Programs." Organizations and suggested readings are appended. (Sections contain references.) (SM)